WHAT IS CLAIMED IS:

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- 1. A method for a user to receive an alarm about a pending calendar event, or an overdue to-do, from an electronic calendar system that serves at least the user, comprising the steps of:
 - accessing a network that connects a user terminal to the calendar system; sending a subscribe request for the at least one alarm;

receiving a notification in response to the subscribe request, to notify the user about at least one alarm that was already triggered before the accessing step, or notifying the user that no alarms were triggered.

- 2. The method of claim 1, wherein the subscribe request is sent each time the user terminal accesses the network, or is sent before the accessing step.
- 15 3. The method of claim 1, further comprising the step of receiving at least one further notify message describing an alarm that is triggered while the user terminal has access to the network.
- 4. The method of claim 1, wherein the subscribe request utilizes and is formatted based upon a session initiation protocol (SIP), and wherein the notification has content defined by an SIP event package.
 - 5. The method of claim 3, wherein the further notify message is sent substantially simultaneously to the user terminal and at least one other terminal, and wherein the notification is sent only to one terminal which is the user terminal.
 - 6. The method of claim 1, wherein the subscribe request is sent to a centralized calendar server.
- 7. The method of claim 1, wherein the subscribe request is sent to a respective server for the calendar corresponding to the user terminal.

- 8. The method of claim 1, wherein the sending step and the receiving step are each followed substantially immediately by an okay response.
- 5 9. The method of claim 4, wherein the event package includes extensible markup language indicative of a type of calendar event, or type of overdue to-do, or indicative of an alarm technique other than an alarm via email.
- 10. The method of claim 1, wherein the subscribe request is sent with a calendar tag in an event header, and wherein the subscribe request contains information about at least one pending calendar event, or overdue to-do, or type of alarm.
 - 11. The method of claim 1, wherein the notification contains an internet link to a corresponding calendar entry.

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- 12. A computer-readable medium or media for use in a user terminal, the medium being encoded with a data structure for performing the method of claim 1.
- 13. A system for providing a user with an alarm regarding a pending calendar
 20 event, or an overdue to-do, using an electronic calendar that serves at least the user, comprising:

a user terminal, for accessing a network and sending a subscribe request signal; and

- a calendaring unit, responsive to the subscribe request signal, for providing to
 the user terminal a notification signal indicative of at least one alarm that was already triggered before the network was accessed by the user terminal, or indicative that no triggers occurred.
- 14. The system of claim 13, wherein the calendaring unit is a server or terminal connected at least sometimes to the user terminal via the network, and

wherein the calendaring unit is also for providing to the user terminal at least one further notify message indicative of an alarm that is triggered while the user terminal has access to the network.

5 15. A user terminal for receiving at least one alarm about a pending calendar event, or an overdue to-do, from an electronic calendar system that serves at least the user terminal, comprising:

a network access module, responsive to user input, for providing a subscribe request signal indicative of a request for the at least one alarm;

a calendar alarm module, responsive to a notification signal indicative of at least one alarm that was triggered while the user was not connected to the network, for providing an alarm to the user; and

a communication module, responsive to the subscribe request signal, for communicating with a network that is connected to the electronic calendar system, and for then providing the notification signal to the alarm module.

16. The user terminal of claim 15, wherein the calendar alarm module is also responsive to a further notify signal, from the communication module, indicative of an alarm that is triggered while the user terminal has access to the network.

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